



Living Healthy,
Working Well

February Observance *Wise Consumer Health Month*

February is Wise Consumer Health Month. As each new year begins people want to turn over a new leaf by making resolutions, such as to lose weight, stop smoking, eat healthier, and start exercising. Examining and making simple modifications to everyday living can produce positive results and allow resolutions to become reality. Altering your lifestyle can not only result in a healthier life, but also in emotional and mental well-being.

Unfortunately, good intentions alone are not enough to achieve resolutions and a new, healthier lifestyle. Following are suggestions for steps you can take to change your everyday habits and take control of your physical and mental well-being:

- **Applying Stress Management Techniques** – Stress affects many everyday things, such as interactions with family and co-workers, and your overall attitude. Reducing stress is attainable and will bring positive changes. It may be as simple as setting limitations on the number of hours you work each week or setting aside one-half hour each day for yourself. Make a list of ways to reduce stress in your life and prioritize the items on your list. Many workplaces offer wellness programs that provide the motivation and support necessary to understand and control stress.
- **Practicing Self-Care** – Self-care means understanding health, and taking control of your health. Don't ignore a problem that has been lingering. Early detection is key to preventing more serious problems. Effective self-care, detection, and prevention also include knowing your family history, what illnesses run in your family, and what symptoms you should be looking out for. Become educated about proactive steps that you can take to prevent illness. Discuss all of this with your physician.
- **Making Your Physician Your Partner** – Your health care provider can be your partner in helping you maintain a healthy lifestyle.
 - Before starting a diet or exercise program, discuss it with your physician and establish a plan and timeline.
 - Don't miss any preventive check-ups or vaccinations. These are easy things to do and the benefits outweigh the time it takes for the appointment. These appointments tend to get put on the bottom of "to do" lists, but they should be a priority. Check-ups are key to prevention and early detection.
 - Understand medications and their side effects. Ask your physician for an explanation if you are unclear.

Taking control of your life will improve your physical and emotional well-being, and help you to meet your resolutions!

Call Your EAP

Your EAP is available as a resource to help you or someone you care about. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you. You can also access information, self-help tools, and resources online at www.MagellanAssist.com.